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- Parents Helping Parents
- The Health Place
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- Homeowners and Renters Assistance
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- Durable Power of Attorney for Healthcare
- Housing Conservation Program
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Los Gatos Senior Center Newsletter

July / August 2006



Los Gatos Celebrates the 4th of July, 2006

Residents of the Town of Los Gatos are invited to once again celebrate the 4th of July with a variety of fun family activities scheduled from 11:00 am to 8:30 pm.

The day begins on the Civic Center lawn with family entertainment that includes children's games, musical entertainment, and food prepared and sold by members of our local service clubs. There will be games and activities provided by the Recreation Department, and displays by the Santa Clara County Fire Department.

At 1:30 pm, the activities shift to the lawn of the High School where the San Jose Wind Symphony will perform a concert of "pops" style selections and patriotic music complete with **live cannon fire**.

After the concert, cake and ice cream will be served at the Civic Center and everyone is invited to sing along with the Peninsula Banjo Band. All those who enjoy bingo may want to stay and play a few friendly games while waiting for the BBQ dinner, prepared by Johnny's North Side Grill, to be served at 5:30 pm. BBQ tickets will be available for purchase throughout the day at the Information Booth located at the Civic Center. The ticket price is \$10 per plate. Dinner will be served until 7:00 pm and may be enjoyed while listening to the performance of *The Hit Men* from 6:00 to 8:30 pm.

Many volunteers are needed to help with the day's activities and anyone interested may volunteer by contacting Susan Buxton at 408-354-6824.

This action packed day is sponsored by the Town of Los Gatos, Los Gatos-Saratoga Community Education & Recreation, the Town of Los Gatos Chamber of Commerce, and Event Services. For more information regarding this community celebration please call (408) 354-6834, or check the "What's New" section of the Town's website at www.losgatosca.gov/4thofjuly

Salute! To Your Good Health, *By Debbie Kranefuss, Director of Live Oak Senior Nutrition and Service Center*

Do you have to worry about your immune system during the summer, with nice weather, lots of fresh vegetables and vacation fun? The answer, of course, is “Yes!” A weakened immune system *anytime* makes us more susceptible to disease and less able to fight it off. We’ve all had that “summer cold”! Researchers have determined that protein, and certain vitamins and minerals are crucial to a healthy immune system. Even small deficiencies weaken the system.

Protein: Sedentary men and women over the age of 51 need 5-5.5 ounces of protein per day in a 1600-2000 calorie diet. If you are active and are walking at all outside your home, you need twice that amount. The highest quality proteins are found in lean meats, poultry, fish, seafood and eggs.

Vitamin and minerals: Unless directed by your doctors, going above the recommended amounts of vitamins and minerals, as a primary source of intake, is not supported by researchers. Nutrients tend to work better when they come from food versus pills and supplements. Important vitamins for your immune system are A, C, B6, zinc, selenium, iron copper and folic acid. Eating foods as directed by the food pyramid will provide all of these vitamins and minerals. A multivitamin supplement can help if you don’t have foods readily available.

Omega-3 fatty acids, probiotics and herbal supplements are all under research to gain more information about their role in boosting the immune system, but may have other benefits in your total nutrition plan.

Live Oak Senior Nutrition and Service Center follows federal and state guidelines in their menu requirements for protein, and vitamins C and A. For more specific information about sources of immune boosting nutrients or to have lunch with us call 408-354-0707.



Homeowners and Renters Assistance 2006

The State of California will refund a portion of the taxes you paid in 2005 as part of your rent or property taxes, if you qualify. You must reapply for this rebate every year to verify eligibility. Homeowners are eligible to receive up to \$472 and renters are eligible to receive up to \$347.

Who Qualifies?

You must be a U. S. Citizen or a legal immigrant and be at least 62 years of age, blind or disabled. Your total household income must be \$40,811 or less, including SSA, SSI, etc.

What to bring for your appointment:

Proof of age (driver’s license will work)
Proof of disability or blindness (if this is the first year you are filing)
Current property tax bill (2005-2006)
Certificate of title/registration for a mobile home
Landlord information (if you are renting)
Last year’s federal tax return or your income information for the past year
Prior year’s claim of HRA



The Los Gatos Senior Center has appointments available to help you file for this assistance. Please contact us at (408) 354-1514.

Did You Know?

If you did not enroll in a Medicare Drug Plan by May 15, 2006, you generally cannot now get Medicare drug coverage for 2006 and will need to wait until the next annual election period (November 15-December 31, 2006). But there are some situations in which you are allowed to enroll in a plan without incurring a penalty:

- If you are a younger individual who receives disability benefits and you become eligible for Medicare, you would have the same seven-month window in which to enroll in Medicare.
- If you apply and are found eligible for **Extra Help***, you can join a Medicare drug plan at any time without penalty.
- If you lost creditable drug coverage after May 15 from another source (such as an employer or union) through no fault of our own, or if this coverage changed so that it is no longer as good as basic Medicare drug coverage, you can enroll in a Medicare drug plan. To avoid a late penalty, you must sign up promptly to ensure that you go no longer than 63 days between losing your old coverage and receiving Medicare coverage.
- If you move into or out of a long-term care facility, you have up to 2 months to enroll in a plan.
- If you have been living abroad since May 15, 2006, you can sign up with a Medicare drug plan as soon as you return to live permanently in the United States. To avoid a late penalty, you must start receiving Medicare drug coverage within 63 days of your return.
- If the exceptions above do not apply to you, under current law you will likely pay a penalty in the form of a higher premiums when you do sign up for Medicare drug coverage in the future.

***Extra Help** with paying for a Medicare prescription drug plan is available for qualified beneficiaries. In general, you may qualify for Extra Help in 2006 if your income is below \$14,700 a year as a single person or below \$19,800 a year if you're married and living with your spouse. Your total assets generally must be valued at less than \$11,500 if you are single or \$23,000 if you are married and living with your spouse.

KEY MEDICARE DATES

January 1, 2006

Prescription drug coverage begins for those who have joined a prescription drug plan.

January 1, 2006 to May 15, 2006

Individuals eligible for Medicare can continue to enroll in a prescription drug plan. Coverage begins on the first of the month following the month in which you enrolled.

May 15, 2006

General Open Enrollment for 2006 ends for Medicare prescription drug plans. After May 15, 2006, most people who are already in Medicare will not have another chance to enroll until November 15, 2006.



Weekly Senior Programs at the Neighborhood Center

Line Dance:

Class designed for those with some line dance experience and those who wish to add to their repertoire.

Line Dance (Beginning):

For those with little or no experience.

Tai Chi at High Noon:

Learn ways to relax, revitalize, and have fun!

Meditation:

Help calm your body and mind, heighten clarity, and cultivate a sense of oneness with self and others.

Mah Jongg:

A fun and challenging game played with tiles.

Watercolor Painting (Beginning):

Learn fundamental techniques with step-by-step instruction.

Watercolor (Advanced):

For those who have had previous experience in watercolor painting.

For dates, times, and fees, please contact the Los Gatos Recreation Department, (408) 354-8700.

ART IN THE COUNCIL CHAMBERS

Presents:

The Senior Artist Workshop, offered through the 55+ Program

"Masters at Play"

**Exhibit Dates:
June 22 — September 7**



Senior Center Information

Los Gatos Senior Center

Located in the Neighborhood Center

208 E. Main Street, Los Gatos, CA 95030

Senior Coordinator: Linda Gallo

Hours: Monday through Friday — 8:30 AM to 4:30 PM

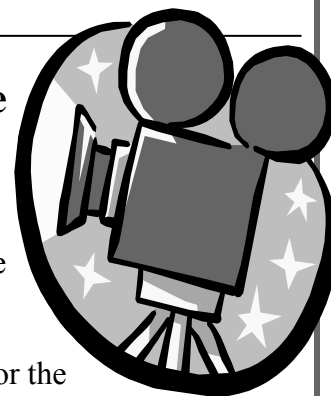
Phone: (408) 354-1514

Email: lgallo@losgatosca.gov

Website: www.losgatosca.gov

Wednesday Afternoon Movies at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). July's movie will be **Cheaper by the Dozen 2** and in August we will be showing **The Notebook**.



**Please join us for lunch and a movie, or just a movie and snack.
Enjoy our big screen movie experience!**

Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at lgallo@losgatosca.gov.

Name: _____

Address: _____

City: _____

State / Zip: _____

Phone: _____ Email: _____

Return completed form to: Los Gatos Senior Center,
208 E. Main Street, Los Gatos CA 95030